



Universalist Unitarian Church of Santa Paula

740 E. Main Street
Santa Paula, CA 93060
(805) 525-4647
uucspoffice@gmail.com
Website: uucsp.org

JANUARY 2017 SERVICES, SUNDAYS AT 10:30 AM



January 1 Turning: New Years' Service and Potluck Brunch

Rev. Maddie, CJ Starling

We gather to start off the New Year with a service of Turning for those awake after New Year's Eve! Children will remain with their families in the Sanctuary and the Parish Hall. We will light candles for those "turning" events that we experienced in the old year: births, deaths and other major events. Please bring a brunch item to share.

First Sunday Plate to the Spirit of Santa Paula

January 8 Burning Bowl

John Nichols, Jerry Gray

The Burning Bowl is an annual ceremony we perform each January. We will talk a little about the meaning of ritual and the history of the Burning Bowl ceremony and then write down some things we want to reduce or get rid of in our lives and then we burn them. It is a cleansing and healing ceremony to get the New Year started off right.

January 15 What Now?

Rev. Maddie, Pat English

As we mark Martin Luther King Jr. this Monday and the Inauguration of a new president, how can we live out our Unitarian Universalist values and the values for which King and others lost their lives?

Guest at Your Table boxes to be collected

January 22 The Thread of Truth

Rev. Maddie, Allan Noel

In our tradition, which intentionally embraces wisdom from all the world's religions, what does that mean for us as a worshipping community, for our lifespan faith formation and our individual paths to what is true? Rev. Maddie continues to introduce our exploration this year and next of the Six Sources of Unitarian Universalism.

January 29 Celebrating Groundhog Day

Rev. Dr. Audrey Vincent, Rev. Maddie

It's time for our annual eco-theological exploration of our relationship and responsibilities as human beings to Earth. We hear a bear will make an appearance.

CASP offering

The mission of the Universalist Unitarian Church of Santa Paula is
to practice inclusiveness, seek justice and foster spirituality.

Message from the Minister

Happy New Year one and all! There is a reading in our grey hymnal by Greta Crosby that starts by saying “Let us not wish away the winter. It is a season to itself, not simply the way to spring.” After the twinkling lights shining through the Christmas and winter holidays and as we move into the unknowns this new year may bring, we may feel that we are bundling up against the cold and hunkering down, even here in sunny California. We may forget to notice incredible blue of the winter sky or the sight of a full moon shining through the trees. Each season we are given has its own beauty and challenges.

Winter can be a time to turn inward, to make a hot beverage to drink by a fire or the space heater. We can read and think about what has great meaning to us. Perhaps it is this congregation as I begin my third year with you. What is the source of your inspiration? I am turning this year to our Six Sources drawn from what we call our Living Tradition as a theme for the next year or so, a thread of truth and meaning.

I look forward to our deepening relationship as we begin the path of a new year together, looking at both our daily life and to the ways we reach out to the community and welcome it into our sanctuary and Parish Hall. Just as many plan their garden in the winter, looking at seed catalogs and ordering new seeds to grow with the old standbys, what new gardens do we want to grow here? What is our vision for this place? Who will tend the furrows, stake up the heavier plants and plan so that the rabbits don’t eat all the lettuce? Let’s talk about it. “Winter is a table set with ice and starlight,” Crosby’s reading says. Let’s set our table with our best china and let the starlight in to brighten our path ahead. Wishing you a most happy and healthy new year.

On the path of our faith,

Rev. Maddie

Message from the Board President

To Congregational Members and Friends,

Happy New Year to you and your families. I wish you all the best in 2017!

The Board is focusing on preparations for the annual meeting and working with the committees and church leaders on plans for the second half of our church year. I want to thank everyone on the board and in a leadership position for the work they did in 2016. Our church operates on the strength of the many hands who volunteer their time to make our church community a wonderful, safe and vibrant place.

See you at the Annual Meeting on January 29th immediately following the potluck lunch after the service. Your presence is needed as we will be voting in new members of the Board and Capital Fund.

Next Board meeting is Thursday, January 19, 2017 at 6:30. All are welcome.

In wonder and gratitude,
MaryBeth East

News From Among Us

January 2017

- Our longtime member Helen Lynne Morrison passed away peacefully last week at Santa Paula Hospital with Rev. Maddie and members of the Mary A's keeping her company and singing Christmas Carols. A Memorial Service will be held in our sanctuary on Saturday, January 14 at 11:00 AM. Lynne's sense of humor and indomitable spirit will be missed by all who knew her.
- Mary Yeates is now living at Delphinium Board and Care. Cards made be sent to her at 691 Delphinium Place, Oxnard, CA 93030.
- If you have any News From Among Us you would like to share with our community, please let Rev. Maddie know by the newsletter deadline which is the 21st of every month.

Message from the RE Coordinator



We had a wonderful time celebrating Saint Lucia with the children. Our church members enjoyed singing as our children paraded around the sanctuary with candles on their head or dressed up as a star boy. It doesn't get much cuter than this!



I just love working with our brilliant UU children. Here is a picture of one of our preschoolers reading the story to the other children. We like to take turns letting the children read a story. It builds self-confidence, not to mention it gives me a break!

Happy New Year to all and I hope all your dreams come true!

4-Ever Learning,

Ruth Ricards, RE Coordinator

Spiritual Growth Center

MEDITATION PRACTICE GROUP

All are invited to our meditation practice group at the Universalist Unitarian Church of Santa Paula at 740 East Main Street on Wednesday, January 18 at 6:00 PM in the Parish Hall led by Rev. Maddie Sifantus. Enter through the front gate to the left of the main entrance and come in the side door. This group celebrates the diversity of Buddhist and other meditative orientations and welcomes participants from all contemplative traditions to attend. Rev. Maddie is a long-time meditator from the mindfulness or Vipassana tradition of Buddhism. Allow about an hour and bring your meditation cushion, if you have one, or you can sit in a chair. The group is open to everyone; there is a free will offering (\$5 suggested but all invited regardless of funds). The meeting will begin with a reading and short discussion, with a guided meditation leading us into a time of silence. There is power in meditating together. We would love to have you join us. For more information, leave a message. For more information, leave a message on Reverend Maddie's private line at the church: 805-525-4620 or email msifantus@uuma.org.

In other news, you are invited to attend "A Day of Mindfulness: Renewal for the New Year" on Saturday, January 7 from 10:00 AM to 4:00 PM at the Unitarian Universalist Church of Ventura sanctuary, 5654 Ralston Street, Ventura. The event will be a day to quiet the mind and open the heart and a day of healing with the Venerable Kusala, an American-born Buddhist monk ordained in the Zen tradition of Vietnam. A \$35 donation is requested but not required. You are invited to bring a ready-to-serve vegetarian dish for a potluck lunch, as well as your sitting cushion, if you wish. The program is sponsored by the Friendship Sangha of the Heart, a program of the Ventura church. For more information and registration, visit friendshipsangha.org/register or call Neal Ortenberg at 805-368-9835. Registration is requested by January 5th so they know how many to expect.

My gratefulness as we end this year and begin a new one is for our meditation practice and companionship on our spiritual paths.

Namaste, Rev. Maddie

SOARING HEARTS YOGA



Members and friends of the congregation are invited to attend yoga in our Parish Hall led by Lisa Hammond on Tuesday's, January 3, 10, 17, 24, & 31, and Thursday's January 5, 12, 19, & 26, at 9:30 am. There is a \$6 fee. Lisa keeps an email list to which you can be added after attending your first session. She has been leading yoga for us for about a year and several of our members and Rev. Maddie attend. Lisa Hammond can be reached at soaringheartsyoga@gmail.com.

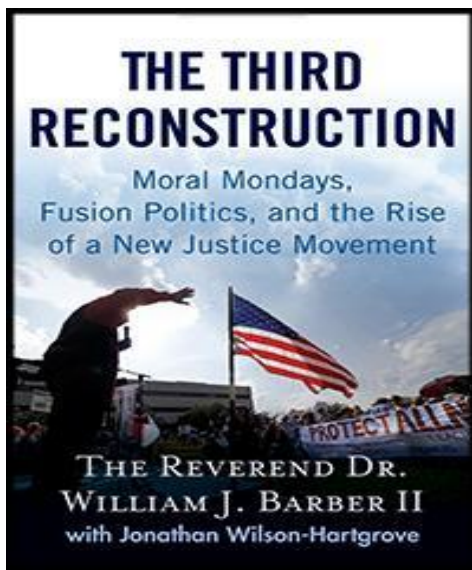
DROP IN SMALL GROUP

Rev. Maddie hosts a Drop-In Small Group in her office on occasional Sundays after coffee hour. The next one will be Sunday, February 12th—about Noon—for about an hour. There will be no meeting in January. She chooses a different theme each meeting. Come and explore a topic of meaning as we hear one another's stories and experiences, and get to know a few others better. No need to sign up, just show up!

Spiritual Growth Center

ALL CHURCH READ 2016 – 2017

The Common Read of the Unitarian Universalist Association this coming year is *“The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement”*, by The Rev. Dr. William Barber II and Jonathan Wilson-Hartgrove (Beacon, 2016). Unitarian Universalists were electrified at General Assembly 2016 by Rev. Barber's call for building and sustaining a movement for justice for all people. The Common Read selection committee believes that this is a moment for Unitarian Universalists to answer that call.



The Third Reconstruction offers helpful, practical guidance for engaging with justice movements born in response to local experiences of larger injustices. Drawing on the prophetic traditions of the Jewish and Christian scriptures, while making room for other sources of truth, the book challenges us to ground our justice work in moral dissent, even when there is no reasonable expectation of political success, and to do the hard work of coalition building in a society that is fractured and polarized.

We will have a discussion of the book in 2017 but you may like to purchase or borrow the book to begin reading now. There are two copies available to borrow on the bookcase in the Parish Hall or you may wish to purchase your own copy. A paperback edition is available for purchase at inSpirit: UU Book and Gift Shop, from Amazon or your favorite bookseller.

For those who missed the Mindful Eating class that was offered last fall, there will be another 12-week workshop offered in Fillmore.

“Mindful Eating” – 12-Week Workshop

Based on the book, *“The Mindful Diet, How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health”*

Authors Ruth Quillian Wolever, Ph.D., and Beth Reardon, M.S., R.D., L.D.N.

Facilitator: Ruth Ricards, Registered Dietitian

Email: rgricards@gmail.com

Wednesday evenings from 6:30 pm – 8:30 pm

Workshop location: - Fillmore Health and Wellness Center

448 Santa Clara Street, Fillmore, CA 93015

Registration fee: \$30.00 (due at first meeting)

In this series of classes, we will learn to listen to our inner compass, practice setting realistic goals, build a mindful toolkit, and create a healthy relationship with food and our body. There will be shared discussion, activities, guided meditations and a mindful potluck on the last night of the workshop. Oh, and there will be homework! Class schedule (*subject to change*)

January 18	Why We Overeat
January 25	What's on Your Plate?
February 1	Getting Off the Roller Coaster
February 8	The Practice of Change
February 15	The Goldilocks Principle
February 22	The Pleasure Principle
March 1	A Cure for Emotional Eating
March 8	A Body to Love
March 15	Know Your Triggers
March 29	The Four Pillars of Healthy Eating
April 5	How Much Food Do You Really Need?
April 12	Reconnecting with Your Food

*Please bring a small journal and read chapter one in “The Mindful Diet” book (listed above)
Class is closed to new attendees after January 25.*

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People and Doings

OFFICE HOURS

Rev. Maddie is usually available in the office by appointment or pot luck drop in from Tuesday through Friday. Monday is her day off and Saturday is her study/sermon writing day. She will be on vacation from January 4 until January 12th and away at the Pacific Southwest District's UU Ministers Association Winter Retreat from January 23 through January 26. Some days she is working from home but can get to the office in five minutes, if something comes up. The best way to plan a time to meet with her is to call and leave a message on her private line at the church, 805-525-4620, call her on her cell phone, 508-733-8860 or email her at msifantus@uuma.org. She is happy to meet you in her office, at your home or place of work, or at a local restaurant for a cup of tea or coffee (she will buy her own!). The minister's office is in the back of the church, near the rest rooms. If the front or back doors are locked, call her, and she will come let you in through the back gate off the alley.

PASTORAL COVERAGE

Rev. Maddie will be on vacation from January 4-12. The Rev. Dr. Betty Stapleford will be providing pastoral coverage. Should an emergency arise during that time, please leave a message on the church office phone, 805-525-4647, and Krystal will contact Rev. Betty. Should it be between our Administrator's days in the office, please call congregation president MaryBeth East at 805-341-8809. Both Rev. Maddie and Rev. Betty will be out of town at a Ministers Retreat from January 23-26. Rev. Maddie will be reachable in an emergency during those days on her cell phone (508-733-8860) or you can leave a private message on her church private line: 805-525-4620.

MEMBERSHIP

Are you an official member of the Universalist Unitarian Church of Santa Paula or thinking of becoming one? As we approach our Annual Meeting which will be January 29th after church, it is a good time to think about what our congregation means to you. Becoming a member allows you to vote on the budget and all important decisions we make.

Becoming a member of UUCSP is an individual decision, so some people in a family may be member while others are not. While only members can vote on church matters, both members and non-members alike are welcome to attend services and other church activities, volunteer, and contribute financially to our congregation. Like many other UU churches, we have dedicated friends who have been active in our congregation, perhaps for years, but have never signed the membership book.

The conditions for membership, according to our bylaws, are these: "This society shall welcome as members any person who is in sympathy with its purposes and program, has reviewed these bylaws, and has signed the membership book in the presence of the minister or an officer of the church."

If you fall into that "friend" (active non-member) category, you might want to consider becoming a member now. If you have never gotten around to signing the book, but want to become an official member now, it's easy—simply arrange with Rev. Maddie to sign the membership book. We will be having New Member Recognition during a service in the Spring.

JUSTICE FOR ALL MARCH

There will be a March in Ventura on Saturday, January 21 from 10 AM hosted by Justice for All. This is planned to be a positive and peaceful demonstration of an inclusive America that reflects our diversity, values and constitutional equal rights. We will start our March at Plaza Park located at 561 E Thompson Drive at 10AM. Following the March there will be a gathering with speakers, entertainment and more. If we have a group going from Santa Paula, we can drive over together. Talk to Rev. Maddie. We are invited to march in unity and support for women, LGBTQIA, immigrants, disabled, the planet, the poor, refugees, African Americans, Hispanics, Muslims and uphold the dignity and rights of every person. The march is modeled and are holding it at the same time as the "Women's March" taking place in cities like D.C., LA, and San Francisco. Come together and send a clear message that we will not stand for discrimination. We refuse to go backwards and allow to have our Civil Rights taken away. We live in the United States of America and we will stand United for equality and justice for all!

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People and Doings

GUEST AT YOUR TABLE boxes will be collected Sunday January 15 after our Worship Service.

SOCIAL CONCERNS ACTION COMMITTEE

Social Concerns Action Committee will meet January 20, 12:30 pm. We will plan upcoming activities and movies. The Rev. Dr. Betty Stapleford, our Affiliate Minister, will give an update on UU California legislative work.

THE MARY A'S

The Mary A. Livermore Society will hold their quarterly Saturday meeting January 28, 11:30 am at Flight 126 Café. Nina Danza will briefly summarize the September conference on the preservation of the Santa Clara River, including a 5-minute video, and provide an update on current issues relevant to the river. RSVP Audrey Vincent.

CHOIR

Calling all singers. The adult choir has started singing once a month during the Sunday morning service. In January, we will be taking a break, with our next rehearsal on Thursday, February 9th at 7:00 PM in the Sanctuary. We will rehearse again on Sunday, February 12 at 9:30 AM before singing in the 10:30 AM service. Both rehearsals will be directed by Rev. Maddie and accompanied by Vincent Sorisio. Please be in touch with Rev. Maddie with any questions.

CAPITAL FUND

With the foresight and vision of Reverend Marjorie Leaming and other church leaders, a Capital Fund was established as an endowment to provide a source of income for the Universalist Unitarian Church of Santa Paula's operating funds. The Capital Fund grew every year from its inception in 1975, until it reached a peak of \$2 million in invested assets by December of 2013. Since that time, however, the church has called a full-time minister added staff to coordinate administrative duties and religious education, and expanded community outreach activities. All of these necessary and worthwhile expenses have dipped into the Capital Fund, drawing it down over the last few years to between \$1.8 and \$1.9 million. In 2016 the Capital Fund received one donation. If our church is to sustain its endowment, it will need more donations to bolster it.

On Sunday, January 29th the Capital Fund Trustees are hosting the annual Groundhog Day after-service coffee hour. We wish to thank members and friends who have supported the Fund in the past and acknowledge those who have pledged to remember the Church in their estate planning. These actions lead to automatic membership in The Groundhog Society. Don't you want to become a member of this illustrious group?

Jerry Gray, Donna Hamer and Logan Hardison are the current trustees. Jerry's term expires at the end of 2016 and a new trustee will be voted in at the Annual Meeting to take his place.

If you have questions at any time about the Capital Fund and how your contribution will make a difference, do not hesitate to speak to one of the trustees.

FIRST SUNDAY PLATE

This first quarter of 2017 we designate the first Sundays' offering to Spirit of Santa Paula. From Nov. 2015 through October 15, Spirit of Santa Paula picked up from Food Share and grocery stores more than 170,705 pounds of food and distributed the items at various sites in town, including St. Paul's church on Saturday mornings or at the Presbyterian Church where on Wednesday Spirit's groups of volunteers prepare on average 600 hot meals for those in need or at risk of homelessness. Please contribute with cash or check made out to the UU Church earmarked "Spirit of Santa Paula." Thank you.


CASP - LAST SUNDAY OF EACH MONTH

We collect canned goods, rice and beans for CASP, Community Assistance of Santa Paula, a non-profit food pantry located in a back building of the First United Methodist Church. Santa Paulans of limited means are served by CASP on Mondays before noon. We are pleased to add to CASP's pantry.

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People and Doings

SANTA PAULA CINEMA SOCIETY CLASSIC MOVIE NIGHT



SANTA PAULA CINEMA SOCIETY
PRESENTS
TAKE SHELTER

From horror flick terrors to the black humor of Hitchcock, filmmakers have mined the power of the medium to confront us with the things that scare us the most. In this 2011 film, writer/director Jeff Nichols uses fear not as a fright device to exploit our vulnerabilities for thrills or nervous laughter, but as a subject. The sense of dread in this film comes from an inner place that may (or may not) be real. It may (or may not) be able to manifest itself in the physical world. And it may (or may not) be contagious. These complex ideas are explored by Nichols in an ambitious, disturbing, and strangely beautiful film that suddenly feels more relevant than ever. Do yourself a favor and read no more than this about the film, come see it and decide for yourself what it means. We *will* want to discuss it. With Michael Shannon and Jessica Chastain. Rated R. (2:01)

JANUARY 13 2017

Universalist Unitarian Church of Santa Paula
740 E. Main Street
7PM • Free! • Enter Side Door

DINNER AND A MOVIE

On Friday, January 17, the Social Concerns and Action Committee presents *Defying the Nazis: The Sharps' War*. A film directed by Ken Burns and Artemis Joukowsky. *Defying the Nazis: The Sharps' War* is an account of a daring rescue mission that occurred on the precipice of World War II. It tells the story of Waitstill & Martha Sharp, a Unitarian minister and his wife from Wellesley, Massachusetts, who left their children behind in the care of their parish and boldly committed to multiple life-threatening missions in Europe. Over two dangerous years they helped to save hundreds of imperiled political dissidents and Jewish refugees fleeing the Nazi occupation across Europe.

Potluck at 5:45 pm, movie at 7:00 pm. Rev. Dr. Betty Stapleford will conduct Q & A after the movie.



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People and Doings

Saturday, February 11, 2017

Free Event • 2-4 p.m.*

Our Lady of Guadalupe

427 N Oak Street • Santa Paula, CA 93060

1 BILLION RISING REVOLUTION SOLIDARITY AGAINST EXPLOITATION OF WOMEN

*The event will be in Spanish with English translation

**Santa Paula says together,
"NO MORE VIOLENCE!"**

JOIN US - Imagine, One Billion Women sharing their stories, dancing and speaking out for justice, learning about resources available in our community, and demanding an end to gender-based violence.

What does ONE BILLION look like? We are calling on our community to harness their power and imagination to rise for justice and join people around the world (170 countries and growing) in making the world a better place!

Please wear comfortable clothing that is **Pink, Red, or Black** to show your support.

For more information contact Sandy Gómez:
805-983-6014 (ext. 114) • s.gomez@thecoalition.org



Dance • Learn • Heal

Connect. Be Inspired. Commit

Join U*U women from U.S. and around the world at **The Third International Women's Convocation, February 16-19, 2017!** Build connections, discover inspiring work for global women's rights, and forge a commitment to spur positive change in your community in the inspirational setting of Asilomar, Monterey, CA – "a refuge by the sea." Keynoters include **Dr. bell hooks, writer, professor, and feminist theorist; Dr. Cecilia A. Conrad, Director of the MacArthur Fellows Program; and Rev. Florence Caplow, UU minister, author, and Soto Zen priest.** Registration is \$350. Discounts are available for ministers, LREDA members, young adults and groups as small as two. For more information and to register, visit [Third International Women's Convocation](http://ThirdInternationalWomen'sConvocation.org).

Third International Women's Convocation
Asilomar Conference Center Monterey Peninsula CA USA
February 16-19, 2017

*Weaving Global Partnerships...
Forging a Just Future Together*

- **Network** with committed UU's from around the world
- **Learn** about groundbreaking initiatives transforming lives
- **Share and grow** to inspire action and change
- **Celebrate and empower** through worship, art, and music
- **Nurture your spirit** on the shores of the Pacific Ocean

bell hooks, PhD
Writer, professor,
feminist theorist, activist

emma's revolution
Award-winning
activist musicians

Cecilia A. Conrad, PhD
Director
MacArthur Fellows Program

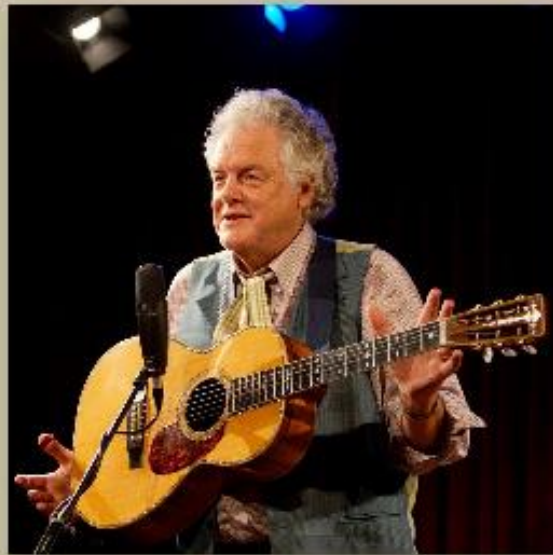
Rev. Florence Caplow
UU minister,
Soto Zen priest, author

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SANTA PAULA CONCERT SERIES

PRESENTS

PETER ★ ROWAN



Grammy-award winner, six-time Grammy nominee, and 2015 IBMA Award winner for Recorded Event of the Year, Peter Rowan is a singer-songwriter with a career spanning over five decades. From his early years playing under the tutelage of Bluegrass veteran Bill Monroe, to his time in Old & In the Way and breakout as a solo musician and bandleader, Rowan has built a devoted, international fan base through a solid stream of records, collaborative projects, and constant touring.

Saturday, March 4th at 7:00 p.m.

Universalist Unitarian Church of Santa Paula

740 E. Main Street, Santa Paula, CA 93060

805-525-4647 – www.uucsp.org

Donation \$20.00 Children 12 & Under \$10.00

Free for Children 5 and Under

Proceeds benefit the Universalist Unitarian Church of Santa Paula Building and Historical Fund. UUCSP is a Registered Ventura County Historical Landmark

Schedule of Events



2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 10:30am Worship Brunch <i>FirstSundayPlate</i>	2	3 9:30am Yoga	4	5 9:30 am-Yoga	6	7
8 10:30am-Worship	9	10 9:30am-Yoga	11	12 9:30am-Yoga	13 7:00pm-Classic Movie Night	14 11am Lynne Morrison Memorial Service
15 10:30am-Worship 12:15 Worship Committee Mtg	16 Martin Luther King Jr Day	17 9:30am-Yoga 4:00pm RE Comm Mtg	18 10:00am-Staff Mtg 2:00pm-Caring Committee Mtg 6:00pm Meditation	19 9:30am-Yoga 6:30pm Board Mtg	20 12:30pm-Social Concerns Mtg	21 10:00am Justice For All March
22 10:30am-Worship	23	24 9:30am-Yoga	25	26 9:30am-Yoga	27 Dinner& a Movie 5:45pm Potluck 7:00pm Movie	28 11:30am Mary A's
29 10:30am-Worship Potluck lunch 12pm Annual Mtg <i>CASP</i>	30	31 9:30am-Yoga				

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Annual Church Meeting

and Potluck Lunch

Sunday January 29, 2017

Please join us for this meeting after services. This meeting is designed to inform and engage you in what it takes to support our church community

*Dated Material
Time Value*

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of Santa Paula
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